



It's All About Families

WIC Family Centered Education (FCE)

September 2002 Newsletter

People Are Talking *FCE Pilot Updates*

We have heard a lot of enthusiasm from local agencies about the pilot. Classes seemed to work best when FCE was offered specifically as a preschool class and families knew ahead of time they could bring their children.

What WIC Families Are Saying:

- Liked sharing with the other parents
- Book was great!
- Will try vegetable mystery box at home
- Thanks for the shopping ideas

What Local Agency Staff Are Saying:

- Our agency started doing its' first group education for FCE and it's working for us.
- Buying fresh fruits and vegetables for the 5 a day was worth the extra effort- the children enjoyed touching them and the parents enjoyed sharing recipes. One parent shared turnip recipes.
- Gardening involves a lot of materials- I made a special trip to get some rocks from the local quarry.
- We're getting more books for parents to keep- the parents loved the reading part.
- Teaching this way is rewarding.
- Thanks for the \$6000 amendment!
- We're putting FCE classes into our NSP.
- We are developing new FCE classes.
- We applied for RIF- waiting to hear.
- Our county got a prop 10 grant for mini libraries at WIC!

Send in your surveys to JBA as soon as you get them- put agency name on them!

FCE Is a National Effort

Many states, like Texas, are offering school readiness-related education. Massachusetts is training staff and peer counselors in parenting techniques! You can check out other state's resources by going to WIC Works Resource Web Page at: www.nal.usda.gov/wicworks

FCE Works Out With FIT WIC!

We are working together...

- **FIT WIC: Active Play for Families Workshop**- Your staff can sign up for this State workshop which features Patty Kimbrell from Sparks, showing how to involve families in active play. More information is in your California WIC program Training Bulletin, October-December 2002.
- **New FCE Lesson Plans**- We have co-developed three new FCE on Fit WIC topics Feeding Relationships, Snacks and Active Play. Contact Heather for more information.

What's Next?

- **Scholastic Books** has partnered with NWA to offer WIC generous discounts on nutrition related books- Two of our FCE books are listed for about \$2.50!--- see next page for more information.
- **FCE Workshop**- We plan to develop a one day workshop for new FCE educators to get trained.
- **Evaluation**- Results from pilot surveys and focus groups will be sent to you around December.

Please contact us any time!

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How To Get Scholastic Books

At a Discount

- 1- **NWA Partnership**-Local WIC agencies can receive a significant discount of “WIC Approved” nutrition related books by ordering through the already established partnership between National WIC Association (NWA) and Scholastic. Shipping is free and takes up to 12 days from the order. Examples of available books include: Feast for Ten (English and Spanish); Growing Vegetable Soup (English and Spanish); Eating the Alphabet; Gregory the Terrible Eater; Today is Monday, and Picking Apples and Pumpkins (English and Spanish). These paperback books range from as low as \$1.68 to \$3.39.
 - The advantage of doing this is there is no additional paperwork to complete, beyond the order form. **If you would like an order form, please call or email Heather—I have some extra copies and I can also FAX my copy.** The order form is not yet available online.



- 2- **Become A Literacy Partner**- Your agency may already be a partner. If not, local WIC agencies can register to become a Scholastic Literacy Partner by FAXing or mailing a registration form to Scholastic. You can obtain a copy of the registration form on-line by going to the web site: www.scholastic.com/literacypartners and downloading their registration form. The form does take a little time to fill out but is not too difficult. Call Heather if you need help.
 - The advantage is that you will have full access to all their books at the same discount level as Reading Is Fundamental (RIF) and National WIC Association. In addition, you can order big books.